

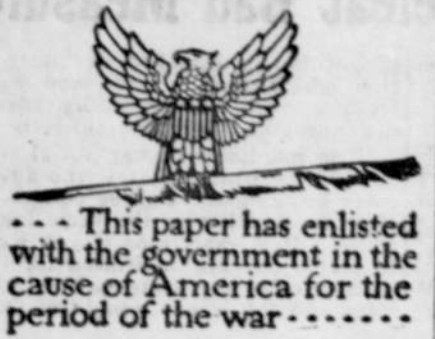
# Mt. Scott Herald

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This paper has enlisted with the government in the cause of America for the period of the war.....

## LIMITATIONS OF MAN.

Men are essaying the tracing of effect to cause, but their conclusions are in disagreement, unsatisfactory to the generality of mankind, if not even to those who indulge in them. The world is suffering as it has not before suffered since the flood recorded in the Genesis of revelation; but what was said by our American Emerson is recalled: "It is the finite that has wrought and suffered; the infinite lies stretched in smiling repose." Contemporaneous events are marching along, clothed in habiliments of blood; a part of common earth that but a short four years ago was teeming with busy millions engaged in the business of busy lives, seems to be hungering human graves. All this may appear clearer to coming generations than to the present, just as we of the present in the light of history have a clearer understanding of past causes than was enjoyed by those who have lived when history was being made, says Knoxville Journal Tribune. The finite works and suffers; "the infinite lies stretched in smiling repose." The finite reckons time by years, days and hours; with the infinite a thousand years are but as a day.

Our most potent contribution to winning the war in the year has been in loans, amounting to over \$5,000,000,000 and the flow of munitions and supplies from our industries, factories and fields. The nation has responded nobly to the call for sacrifice and service. Notwithstanding official and semi-official miscalculations and muddling that possibly could not be avoided, the people, as a whole, have overlooked these mischances or grimly resolved to make the best of them, and have submitted with good grace in a single purposed determination to get on with the war. This voluntary disciplining is the most convincing evidence of the national attitude toward the war, the most complete answer to the occasional complaint of popular indifference or the need of arousing the country. Families and communities that have seen their nearest and dearest set out for the front, who have pinched and denied themselves to buy Liberty bonds, war stamps, subscribe to the Red Cross and Lendred campaigns, to save food and fuel, to sacrifice and serve, are fully alive to what this struggle means and why it must be won.

The Rev. J. B. Kraemer, S. J., of Marquette university, furnishes an interesting explanation of why the shock resulting at each discharge of the German "mystery gun" may be recorded by seismograph at Buffalo, while much greater explosions occurring at munition plants have failed to register. The factory explosions, he points out, expend their force in the air, while the foundations of the German gun probably are deeply imbedded in the earth, its discharge imparting a concussion which causes tremors like those produced by an earthquake.

The Austrian army officer who was compelled by public sentiment to abandon a lucrative concert tour illustrates the danger of versatility. No man can be expected to maintain supreme proficiency with the sword and the violin bow both at once.

One fact cannot be erased, ripped, raveled, or burnt out of existence, and it is this: Any able-bodied man or woman who does not perform useful service every day falls of duty and is a burden upon a war-ridden country.

Write letters to the boys in France. They are in another quarter of the globe, under strange skies and in lonesome places. Don't begin "nothing has happened this week out of the ordinary."

After saying that there weren't any American soldiers in France, Germany announced that she had licked a lot of American soldiers. It is probable that one statement is just as true as the other.

Owing to the war the poaching egg has almost disappeared from the market. The average egg now thinks it has done its full duty when it scamples.

# UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues  
Official Health Bulletin  
on Influenza.

## LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.

Washington, D. C.—(Special).—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1888 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold' accompanied by fever, pains

## Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here, from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze, if you don't you'll spread disease."

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